Your guide to living well in South East Sheffield

SUMMER 2019

Woodhouse, Handsworth, Hackenthorpe, Beighton, Owlthorpe, Waterthorpe, Sothall, Mosborough, Westfield, Halfway, Park Hill, Wybourn, Granville, Manor, Norfolk Park, Arbourthorne, Gleadless, Charnock, Hemsworth and Basegreen

MANOR&CASTLE DEVELOPMENT TRUST
together we make the difference

WOODHOUSE AND DISTRICT COMMUNITY FORUM

Sheffield City Council

Welcome

to your local guide to keeping happy, healthy and well in South East Sheffield. Here you'll find where to go to get advice, stay healthy and well, find things to do or get active, learn something new or get help into work, get help with money problems or housing issues...and if you're a carer or need help to stay in your home, you'll find support that's local to you.

This guide's been produced by Manor and Castle Development Trust (MCDT), Woodhouse and District Community Forum, together with Sheffield City Council (with support from Heeley City Farm and Reach South Sheffield).

MANOR&CASTLE DEVELOPMENT TRUST
together we make the difference

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1st Floor, Park Library, Duke St, S2 5QP. (0114) 278 9999.
info@manorandcastle.org.uk.
www.manorandcastle.org.uk.

Woodhouse and District Community Forum
2 Goathland Place, S13 7TE.
(0114) 269 0222. mail@mywoodhouse.co.uk.
www.mywoodhouse.co.uk.

Reach SOUTH SHEFFIELD

Reach South Sheffield
Herdings Community and Heritage Centre, Morland Rd, Gleadless, S14 1TD.
(0114) 239 4466. info@gvcf.org.uk.
www.reachsouthsheffield.org.uk.

Charity No. 1111482
Heeley City FARM

Heeley City Farm
Richards Rd, S2 3DT.
(0114) 258 0482.
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Getting advice and support

Local information and advice services

Citizens Advice Sheffield provides free, independent, impartial and confidential advice. Help with welfare benefits and tax credits, debt, housing, employment, immigration or any other issue.
www.citizensadvicesheffield.org.uk. 03444 113 111.

Local offices

Duke Street. 207 Duke St, S2 5QP. (0114) 253 6777.
Drop-in advice service Friday 9.30am-4pm.

Manor Library. Ridgeway Rd, Manor Top, S12 2SS.
Drop-in advice service Thursday 10am-1pm.

Chapel Street. 5 Chapel St, Woodhouse, S13 7JL.
Drop-in advice service Thursday 9.30am-4pm.

Health and wellbeing information and advice

Manor and Castle Development Trust, Reach South Sheffield and **Woodhouse and District Community Forum** provide local health and wellbeing advice and support. Find out more on p7-10.

Community Support Workers

There are Community Support Workers (CSWs) based at each GP surgery in the city. Your local workers are Claire, Kelsey, Kim, Ruth, Sarah and Sue. They can help you with any non-medical issue you may have, such as:

- help to find local social or support groups. Your local CSW will introduce you to the group if you're worried about going on your own for the first time.
- help to get involved in your local community.
- help to find support for you in and around your home.
- help to check your benefit entitlement.
- advice to support carers... and much more!

To contact the workers call (0114) 205 7120 (Monday-Friday 8.45am-5pm).

Children and families

Family Centres offer a range of support from pregnancy onwards, including: Talking Toddlers, Stay and Play, infant feeding support, baby massage, family learning, midwife and health visitor drop-ins, healthy eating and nutrition for the really young. For all the latest information:

🌐 www.sheffielddirectory.org.uk. 📱 (0114) 273 5008 or just pop in:

- **Valley Park Family Centre.** 🏠 Norton Ave, S14 1SL. 📱 (0114) 241 6968.
- **Shortbrook Family Centre.** 🏠 First Floor, Shortbrook Primary School, Westfield, S20 8FB. 📱 (0114) 205 3635. There are also link sites at Woodthorpe and Wybourn.

Childcare

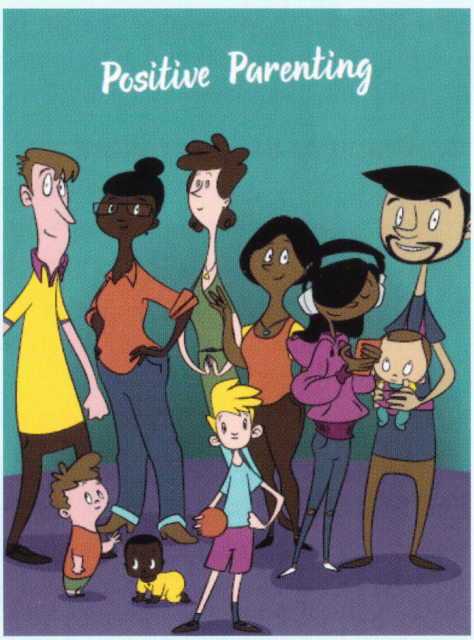
Did you know you could get up to 30 hours a week of funded childcare for your 3 or 4 year old? And funded early learning places are available for some 2 year olds. To find out more and for a list of childcare providers in your area visit 🌐 www.sheffielddirectory.org.uk.

Sheffield Parent's Hub is for parents of tots to teens.
Free local meetings and relaxed and friendly discussion groups on topics to help you:

- improve your confidence as a parent
- deal with problem behaviour
- reduce conflict in the family
- build a better relationship with your teenager

The information we provide is evidence based, tried and tested. You can drop in at a one off meeting or join in short small discussion group sessions.

Find out what's happening in your area – call 📱 (0114) 205 7243 or email ✉ sheffieldparenting@sheffield.gov.uk. 🌐 www.sheffield.gov.uk/parenting.



Citywide information and advice services

For parents/carers of children and young people with a disability or special educational needs

Sheffield Parent Carer Forum.
www.sheffieldparentcarer forum.org.uk.
0300 321 4721 (local call rate).

For people 50+ years

Age UK Sheffield. www.ageuk.org.uk/sheffield. (0114) 250 2850.

For carers

Sheffield Carers Centre. www.sheffieldcarers.org.uk. (0114) 272 8362.

Sheffield Young Carers. www.sheffieldyoungcarers.org.uk.
(0114) 258 4595.

For people on the autistic spectrum

Sheffield Autistic Society. www.sheffieldautisticsociety.org.uk.
Helpline 07923 473 240. National 0808 800 4104.

For people with dementia and their carers

Alzheimer's Society. www.alzheimers.org.uk. (0114) 276 8414.

For people with a disability or long term health condition

Disability Sheffield. www.disabilitysheffield.org.uk. (0114) 253 6750,
text only: 07541 937169.

For people with a learning disability

Sheffield Mencap & Gateway. www.sheffieldmencap.org.uk.
(0114) 276 7757.

For people with a mental health problem

Sheffield MIND. www.sheffieldmind.co.uk. (0114) 258 4489.

Fire Service

Can provide free home safety checks and fitting of smoke alarms
www.syfire.gov.uk. (0114) 253 2314. In an emergency call 999.

Keeping healthy and well

Local health and wellbeing services

GP Surgeries

Dovercourt Medical Centre. 3 Skye Edge Ave, S2 5FX.
(0114) 270 0997.

Duke Medical Centre. 28 Talbot Rd, S2 2TD. (0114) 272 0689.

East Bank Medical Centre. 555 East Bank Rd, S2 2AG.
(0114) 239 8686.

Manor Park Medical Centre. 204 Harborough Ave, S2 1QU.
(0114) 239 8602.

Norfolk Park Medical Centre. 227 Park Grange Rd, S2 3TA.
(0114) 276 3626.

Park Health Centre. 190 Duke St, S2 5QQ. (0114) 272 7768.

White House Surgery. 1 Fairfax Drive, S2 1SL. (0114) 224 5878.

Birley Health Care. 120 Birley Lane, S12 3BP. (0114) 235 8038.

Charnock Health Primary Care Centre. White Lane, S12 3GH.
(0114) 239 9202.

Hackenthorpe Medical Centre. 15 Main St, S12 4LA.
(0114) 248 8187.

Jaunty Springs Health Centre. 53 Jaunty Way, S12 3DZ.
(0114) 264 7220.

Manor Top Medical Centre. Rosehearty, 20 Ridgeway Rd, S12 2SS
(0114) 265 7050.

Stonecroft Medical Centre. 871 Gleadless Rd, S12 2LJ.
(0114) 239 8575.

White Lane Medical Centre. 203 White Lane, Gleadless, S12 3GG.
(0114) 239 9211.

Richmond Medical Centre. 462 Richmond Rd, S13 8NA.
(0114) 239 4411.

Woodhouse Health Centre. 5-7 Skelton Lane, S13 7LY. (0114) 229 3090.

Blackstock Road Surgery. S14 1AB. (0114) 258 1558.

Gleadless Medical Centre. 636 Gleadless Rd, S14 1PQ. (0114) 239 6687.

Crystal Peaks Medical Centre. 15 Peaks Mount, S20 7HZ. (0114) 251 0040.

Mosborough Health Centre. 34 Queens Rd, S20 5BQ. (0114) 251 2636.

Owlthorpe Surgery. Moorthorpe Bank, S20 6PD. (0114) 263 3500.

Sothall Medical Centre. 24 Eckington Rd, S20 1HQ. (0114) 228 4900.

Dentists

Find your local dentist on the NHS Choices website: www.nhs.uk.

Community health and wellbeing

Manor and Castle Development Trust (MCDT), Woodhouse and District Community Forum, Reach South Sheffield, Heeley City Farm and a network of local organisations working in the South East of the city, are part of **The People Keeping Well Partnership.**

We work together to improve the health and wellbeing of your local community. We can support you to improve your health, get more active, get out and meet people, learn new things, get support into employment and cope with life issues. We run a wide range of activities and have people who can work with you to find the right support for you. Our work is often called Social Prescribing.

Manor and Castle Development Trust and **Woodhouse and District Community Forum** have Health Trainers who can give

you free, confidential one-to-one advice to help you to

- eat more healthily
- overcome social isolation
- watch your weight
- cope with chronic pain
- get more active
- stop smoking
- improve your mood if you're feeling low

Reach South Sheffield has Health Practitioners who provide the same service.

Manor and Castle Development Trust (MCDT) provides 'cradle to grave' support to the local community, including access to employment, training, education and health and wellbeing. We work with our partners to give local people opportunities to contribute to their community whilst improving their own lives.

Our Health and Wellbeing team can help you access free support including:

- our Health Trainer service.
- physical fitness activities. We'll introduce you to social groups and activities.
- one-to-one advocacy support with housing benefits, finances, transport, attending appointments, making friends and getting more out of life.

For more information contact (0114) 265 5145 Option 1.
✉ valjones@manorandcastle.org.uk.

See the wide range of free activities we run with our partners on p14-16.

We also run a Health Champion programme. We have a Cancer Champion who's running a movement encouraging people to spread awareness about cancer and screening. If you've been affected by cancer, you can help motivate, inspire and encourage people to talk about their experiences. Call Diane on (0114) 278 9999.

If you'd like to volunteer or become a Heath Champion contact us (see p2).

Arbourthorne & Norfolk Park Community Wellbeing. Get support to access:

- diabetic support group.
- Arbourthorne Strength and Stamina - over 50's physical activity sessions including chairobics. Contact Diana Booth (0114) 264 9157.
- support with weight management, healthy eating and cooking skills.

Find out more by contacting Holly (0114) 252 1089.
✉ hollydenniff@manorandcastle.org.uk.

Woodhouse and District Community Forum has over 10 years experience of delivering a programme of health and well-being activities. We focus on all areas of health and well-being (emotional, mental and physical). We provide a range of support and prevention activities:

- As well as our Health Trainer service we also have a Health Development Co-ordinator who runs health and well-being activities (see p17-18).
- Woodhouse Healthy Library runs local groups such as craft, knit and natter, yoga, men's well-being, prostate, bowel and breast cancer awareness workshops. We have a community choir, community orchestra and Tai Chi, as well as our book lending service and a safe space for people in need (see p19).
- Community Garden Project, Victoria Rd allotments, Sheffield Rd, S13 – bringing people together to reduce social isolation. No need for digging or heavy lifting, people can just come, sit, chat and make friends. It's also a quiet, calming space. Sessions are on Monday 12noon-2pm, Tuesday 2-4pm, Wednesday 12noon-2pm, Thursday 1-4pm, Friday 12noon-2pm, Sunday 10am-2pm. Contact Sue (0114) 2692607.

See more about our activities on p17-18 and find our contact details on p2.

Reach South Sheffield supports people (in Gleadless Valley, Lowedges, Batemoor and Jordanthorpe) to make positive changes for themselves, their families and their communities by:

- encouraging them to gain knowledge and skills through a range of learning opportunities.
- helping them into employment by supporting them to find and apply for work.
- improving their health and wellbeing.
- promoting volunteering opportunities.

You can get your GP to refer you to our Health Practitioners or you can contact them direct: Pete Bird, 07821 681100. ✉ health.pract@gvcf.org.uk. Kim Hinchliffe, (0114) 239 8946. ✉ kim.hinchliffe@gvcf.org.uk.

Reach Fit Bus. Get fit, lose weight and feel great!

Low-cost gym & swimming sessions at Heeley gym and pool. Transport to and from the pool with pick-up and drop-off points in Lowedges, Batemoor, Jordanthorpe, Gleadless Valley and Heeley Green. The price (£4.50) includes transport and 1 hour gym or swim.

Monday 10.15-11.15am (minibus pick-ups start from 9.30am),

Wednesday 13.15-14.15pm (minibus pick-ups start from 12.30pm).

Contact Kim Hinchliffe on (0114) 239 8946. ✉ kim.hinchliffe@gvcf.org.uk.

Heeley City Farm is an inner-city farm providing a range of activities for all, including employment, play, youth work, youth and adult training, education, health and therapeutic services, older peoples' activities and heritage projects. We also offer many volunteering and training opportunities. See our full range of activities on p20, 25, 27 and 32. Find our contact details on p2.

Walk for Wellbeing. Monday morning weekly walk from Heeley Green and social session afterwards at the Church of the Nazarene. Contact Peter Burgess-Allen (0114) 303 9981. ✉ peter.syec@heeleyfarm.org.uk.

Springboard mental wellbeing café, Manor Library, Ridgeway Rd, S12 2SS. Provides a safe and positive space to meet new people, find out what's going on locally and join in activities . Held fortnightly on a Monday 10am-4pm. Contact Paula Cowley (0114) 278 9999.

Glow Youth Group. 189 Blackstock Rd S14 1FX. Provides support, advice and guidance to teenage girls through activities and project work on issues that are relevant to them. There are one-to-one appointments on Tuesday 4-5pm. Contact our youth workers on 07840 665747 to

book. Glow holds activity sessions Tuesdays 5-7pm (open to all girls aged 11-19). The youth workers also offer sexual health advice.

Osteoporosis 2000. Gentle exercise classes in Mosborough. Call Natalie Shillito (0114) 234 4433. www.osteoporosis2000.org.

Citywide health and wellbeing services

Stop smoking

Sheffield NHS Stop Smoking Service has helped thousands of people to quit smoking for good www.yorkshiresmokefree.nhs.uk. 0800 612 0011 (free from landline), 0330 660 1166 (free from mobile).

Alcohol support

The **Sheffield Treatment and Recovery Team (START)** is your first stop for support with alcohol. They can help assess your drinking habits and give you advice and support to change them. Call for an appointment or drop-in at 44 Sidney St, S1 4RH (Matilda St entrance), between 9am-5pm. (0114) 226 3000.

Drink Wise Age Well gives advice on healthier drinking for the over 50's and runs free local activities and social opportunities to meet new people or develop skills. www.drinkwiseagewell.org.uk. 0800 032 3723.

START also provides free **drug support**. For support with heroin or other opiate drugs call (0114) 305 0500. For support with non-opiate based drugs (like cannabis, amphetamines, 'legal highs', steroids, cocaine) call (0114) 272 1481.

Healthy eating and weight management

For self-help tools and information visit the NHS Choices website www.nhs.uk/livewell/healthy-eating. For support with weight management visit https://www.zestcommunity.co.uk/services/live-lighter or call the new Live Lighter service on (0114) 270 2040.

Sexual Health

Sexual Health Sheffield provides free and confidential sexual health services. www.sexualhealthsheffield.nhs.uk. (0114) 226 8888.

Falls

There are lots of ways you can reduce your risk of falling. Find out more at the NHS Choices website 🌐 www.nhs.uk. If you've had a fall or are worried about falling, talk to your GP who can refer you to the Falls Prevention Service.

Mental Health

Sheffield's **Mental Health Guide** is online and has a wide range of information about mental health conditions, wellbeing, what help is available and what you can expect from services.
🌐 www.sheffieldmentalhealth.org.uk or call 📱 (0114) 273 7009.

Sheffield MIND (see p5).

If you're feeling low, stressed, anxious or depressed, **Sheffield IAPT** can help. They can also help you to live well with chronic pain and long-term conditions. Runs courses and has self-help materials.
🌐 www.iaptsheffield.shsc.nhs.uk. 📱 (0114) 226 4380.

Cruse is a national charity which provides bereavement support
📱 (0114) 249 3328. ✉ sheffield@cruse.org.uk.

Dementia

Dementia Cafes. Provide information, advice and activities. They're also a place to relax, socialise and meet other people with dementia and their carers.

- 🏠 United Reformed Church, Norfolk St, City Centre. Usually last Friday of the month 10am-12.30pm.
- 🏠 Beighton Welfare Recreation Ground, High St, S20 1EA. 3rd Thursday of the month 10am-12noon.

Singing for the Brain brings people together in a friendly, fun and social environment. The stimulating sessions include singing a wide variety of familiar and new songs. Three groups are held on Wednesday afternoons at the Quaker Meeting House in the city centre. We also run a monthly Peer Support Group.
Contact the Alzheimer's society for more details (contact details on p5).

Dementia Cafes are also being run at:

🏠 Gleadless Library, White Lane, S12 3GH. Fortnightly on Wednesdays 1-3pm.

🏠 Salvation Army, Tannery St, S13 7JW. Every 3rd Monday of the month 10am-12noon.

Feel free to just turn up on the day! Contact Lesley Roberts 📱 07748 375023. ✉ lesley@mywoodhouse.co.uk.

For people with Dementia and their carers in the Manor and Castle, Norfolk Park and Arbourthorne areas, please contact Nigel Lamb (Dementia Development Worker) (0114) 265 5145. nigellamb@manorcastle.org.uk.

Stroke

Stroke Association Sheffield provides a reablement service which supports stroke survivors to learn new skills, regain confidence, increase independence and socialise with others. Contact Jane 07717 275705. jane.hammond@stroke.org.uk.

We provide emotional support through individual counselling for stroke survivors, carers and family members, helping people come to terms with what's happened to them. Contact Charlotte 07342 049977. charlotte.gutu@stroke.org.uk.

We run stroke clubs and groups which provide long-term peer support to stroke survivors, carers, family and friends. We also have local volunteering opportunities. Contact Rachel 07939 051612. rachel.knebel@stroke.org.uk.

We also run a 5 week course called Caring and You, for carers of stroke survivors. Contact Margaret 07764 903519. margaret.harrod@stroke.org.uk.

Healthy activities

Step Out Sheffield runs weekly health walks at 29 locations across the city. All free and delivered by trained health walk leaders. People of all ages, levels of ability and fitness are welcome. Walks vary from 15 minutes to one hour. We also socialise afterwards with a cuppa and a natter. www.healthwalksinsheffield.btck.co.uk. 07505 639524.

Parkrun organise free weekly park runs in Sheffield for all abilities. Sheffield Castle parkrun is a 5km run round Manor Fields Park, City Rd, S2 on Saturdays at 9am (you can run, jog or walk). It's free! Please register before your first run www.parkrun.org.uk. sheffieldcastlehelpers@parkrun.com.

Pedal Ready run free cycle confidence courses usually in parks around Sheffield. They also run learn to ride sessions. All sessions are free and bikes are provided if you need them. www.pedalready.co.uk. (0114) 241 2775.

Grow Sheffield. Find community food growing projects https://growsheffield.com.

Activities

Things to do and places to go locally

Community hubs and activities

S2

Manor and Castle Development Trust runs free activities with the following community organisations, at the following places. Contact Kellyanne (0114) 278 9999 / (0114) 252 1031 if you want to come for the first time (unless another telephone number is given):

- **Spires Centre,** 600 Eastbank Rd, S2 2AN.

Kettlercise, Tuesday 9.30-10.15am, Boxercise, 10.30-11.15am. Mancave (group for men of all ages. Hang out and develop new hobbies and activities), Tuesday 10am-12noon.

Norfolk Park and Arbourthorne Men's Club, Wednesday 12noon-2pm (social activities). Pilates, Thursday 2-2.45pm.

Contact (0114) 241 6786. info@spirescentre.org.uk.
www.spirescentre.org.uk.

- **Park Centre and Library,** 4 Samson St, S2 5QT.

Circuit Training (mix of different exercises), Tuesday 12.15-1pm, Rebound - Bounce and Burn (an intense workout using trampettes), 1.15-2pm.

Yoga, Wednesday 6.20-7pm.

R.I.S.E (friendly and supportive group practicing Reiki), Wednesday 7-9pm. Contact della_149@hotmail.co.uk.

Kettlercise, Thursday 9.30-10.15am, Boxercise/Kick Boxercise 10.30-11.15am, 5.15-6pm.

Park Centre also runs the following activities:

Over 50's Afternoon Tea, Monday 12noon- 2pm. Enjoy sandwiches and cake in a nice friendly atmosphere. Donation welcome. Table Tennis for the over 50's, Monday 10.30am-12noon and Wednesday 11.30am-1pm. Park Youth Club, Monday and Thursday 7-9pm (aged 8+).

Community Garden Project, Tuesday 9.30am-1pm. Everyone's welcome, come to garden or just for a cuppa and a natter.

Short Mat Bowling, Friday 10.30am-12.30pm.

The centre also has a community café Monday, Wednesday and Friday 12noon-2pm. Open to all, just pop-in! Contact (0114) 273 9611. ✉ parkcommunityaction@gmail.com.

- **Manor Fields Park/York House,** 535 City Rd, S2 1GW.

Craft group, Monday 10am-12noon, open to all, just turn up. Contact ✉ Charlotte hutton@manorandcastle.org.uk.

Pram Walk and Fitness, Wednesday 9.30-10.30am. Evolve - couch to 5k friendly running group for all abilities, Wednesday 6-7pm. Call (0114) 278 9999 (ask for Diane, Lucy or Holly).

Cook lunch and share, Friday 11am-2pm (ask for Holly).

- **White House Surgery,** 1 Fairfax Rise, S2 1SL.

Walking for Purpose (gentle walk followed by gentle exercise), Wednesday 12.30-1.30pm, 1.30-2pm.

- **Dover Court Surgery,** 3 Skye Edge Ave, S2 5FX.

Walking Wednesdays 9.30-10.30am. Great walk to get the mind and body focussed.

The Arbourthorne Centre. 33a Edenhall Rd, S2 2LD. (0114) 264 6262. Everyone's Singing Group (for all ages and abilities), Thursday at 2pm.

Contact Andy Bingham on 07719 230219. Mindful Arts and Craft, (get creative and meet new people), Thursday 11am-1pm. Drop-in for lunch, Thursday 1-2pm.

Other activities include: Computers for the over 50's, Karate, Arbourthorne Antics (social and physical activities for the over 50's including speakers and day trips. Mobility bus available). Youth Club (contact Holly (0114) 252 1089. hollydenniff@manorandcastle.org.uk or Tony Slatcher (0114) 249 5309. tonyslatcher@hotmail.com).

Terry Wright Community Hall. Gleadless Rd, S2 2BT.

Food, Fun and Friendship. Social group with breakfast provided for a small donation, 3rd Monday of the month 10am-12noon. Contact Dawn Young (0114) 303 9981. dawn.young@heeleyfarm.org.uk.

Gleadless Valley Local History Group (find out more about your community and its history), Friday 2-4pm. www.gleadlessvalley.wordpress.com/category/gleadless-valley-local-history-group.

'The Flat'. 213 Harborough Ave, S2 1QT. Manor Men's group, Monday 12.30-2.30pm. Call Stephen (0114) 265 5145.

Older people's breakfast club, Friday 9.30-11am. Come along and have breakfast, make friends, and find out what's happening in the area. £2 donation for breakfast.

The Wybourn Corner House. 34 Maltravers Terr, S2 5FL. Coffee Morning, Tuesday 10-11.30am. Parents/Carers Coffee and Chat for parents/carers with children under 5. Contact Fiona 07507 072 134. fionaspotswood@manorandcastle.org.uk.

Thursday arts and crafts, cook and eat sessions. Contact Dawn Dale 07855 814889. dawndale@manorandcastle.org.uk.

Victoria Community Enterprises. Victoria Methodist Church, Stafford Rd, S2 2SE. Activities include Over Eater's Anonymous, Chi Gung, fellowship group, gentle activities for over 50's, singing group, yoga group, Slimming World, Karate, The Real Junk Food Project (pay as you feel café). Contact Helen (0114) 273 9850. v.c.e.admin@gmail.com.

MASKK. Temple Park Centre, 197 Harborough Ave, S2 1QT. A local charity providing activities and services for children and families, including: after school and holiday child care, kid's clubs in various locations, family play days, activities and short breaks for children with disabilities and

volunteering opportunities. (0114) 239 5739.
letsplay@maskk.org.uk. www.maskk.org.uk.

S12

Frecheville Community Centre. Churchdale Rd, S12 4XT. Various adult and children's recreational activities. Call (0114) 239 6169.

Hackenthorpe Community Centre. 12 Four Wells Drive, S12 4JB. Provides lunch clubs, toddler group and coffee morning. Call 07816 500547.

Spa View Church, 40a Spa View Pl, S12 4HD. Chair based exercise, Thursday 11.15am-12.15pm.

Carpenter Gardens Community Centre, Hollybank Rd, S12 2BW. Chair based exercise, Friday 12.30-1.30pm.

S13

Woodhouse and District Community Forum runs a range of activities in S12, S13 and S20 including: Dementia Cafes (details on p12), Dementia Friends Training and Awareness, cancer awareness workshops, Reading Friends Project, Dance Fit, self-defence, chair based exercise, health walks, community cycling, Love Sport Group, magic memory sessions, healthy cooking and confidence building courses, healthy lifestyle events, local history walks, Well Man Group and Friendship Lunches.

We also run the following chair based exercise sessions in S13:

- Brigadier Hargreaves Court, 468 Stradbroke Rd, S13 7GB. Monday 1.45-2.45pm.

- The link, 🏠 83 Stradbroke Dr, S13 8SE. Wednesday 1.45-2.45pm.
- Woodhouse Library see p19.

And sessions in S12 and S20 (see above and below).

We provide support for people who need a helping hand to make that first step. Contact us to find out more! (contact details on p2).

Stradbroke Community Centre. 🏠 Richmond Rd, S13 8LT. Adult and children's recreational activities. Call 📱 (0114) 254 5453.

Contact any of the venues below to find out about many local groups and activities in the Woodhouse area, including toddler groups, coffee mornings, friendship groups, film and art clubs etc.

- **St James Parish Hall.** 📱 (0114) 348 4261.
- **Salvation Army.** 📱 (0114) 269 3395.
- **Trinity Church.** 📱 (0114) 288 9993.
- **Southern Light Community Church.** 📱 07540 134859.
- **Tithe Barn Community Centre.** 📱 07960 334753.
- **Swallow Wood Court community room.** 📱 (0114) 269 2545.

S20

Com.Unity Centre. 🏠 32 Westfield Centre, S20 8ND. Provides adult education, health and wellbeing courses, a gym, youth club, play scheme and a community café 📱 (0114) 248 5093. Chair based exercise, Monday 12noon-1pm. Yoga, Wednesday 2-2.45pm.

Joseph Stone Centre. 🏠 9 School St, S20 5EB. Provides various keep fit classes, art groups, Slimming World, photography and drama classes. Call 📱 07969 576483.

The Limes Community Centre. 🏠 Lime St, Beighton, S20 1BL. Adult and children's recreational activities. Call 📱 07988 325175.

Waterthorpe Emmanuel Community Rooms. 🏠 Thorpe Drive, S20 7LU. Youth club, Brownies and Guides, Over 50's Group and Slimming World. Call 📱 (0114) 248 3048.

Clubs and groups

Gleadless Valley Wildlife Trust. 🏠 137 Meersbrook Park Rd, S8 9FP. A local charity working to improve the woods and greenspace of Gleadless Valley for the benefit of wildlife and the community. ✉ gvwtwildlife@hotmail.co.uk.

Woodhouse Washlands Community Group. ✉ woodys_pr@hotmail.co.uk.

Libraries

All council libraries have books, music and films to borrow. They have computers and free wifi you can use. They also run groups and activities. These include activities for children and young people: babytime, storytime and toddler time, Chatterbooks, arts and crafts and young people's book and writing groups. Volunteer libraries provide some or all of these services and activities and more. The council also provides an eLibrary service which offers ebooks, eaudibooks and emagazines. www.sheffield.gov.uk/libraries.

Council Libraries

Manor Library. Ridgeway Rd, S12 2SS. (0114) 203 7805. Activities include Springboard mental wellbeing café drop-in, free computer classes, Sporting Memories for the over 50's, Citizen's Advice Bureau, Ladies Friendship group.

Crystal Peaks Library. 1-3 Peak Square, S20 7PH. (0114) 293 0612. Activities include art and craft, sporting memories and writing groups.

Volunteer Libraries

Newfield Green Library. 577 Gleadless Rd, S2 2BT. (0114) 239 8946. Activities include Silver Surfers, Wednesday 11am-12.30pm. Carers Group every 3rd Thursday of the month 10.30am-12.30pm. Conversation group, Friday 12noon-1.30pm. Coffee morning, Friday 9.30am-12noon, everyone welcome!

Park Library. Duke Street, S2 5QP. (0114) 275 7497. Activities include community café (Monday, Wednesday and Friday, 12noon-2pm) and Afternoon Tea Group held on Monday 12noon-2pm. Storytime, for parents and children 0-3yrs, Friday 11.30am-12.30pm.

Gleadless Library. White Lane, S12 3GH. (0114) 239 4630.

Frecheville Library and Learning Centre. Smalldale Rd, S12 4YD. (0114) 203 7817.

Woodhouse Community Library. 3 Skelton Lane, Woodhouse, S13 7LY. (0114) 269 2607. Activities include yoga, Tuesday. Love Sport, Thursday 10-11.30am. Chair based exercise, Friday 11.30am-12.30pm, Well Man group, fortnightly on a Friday 3.30-4.30pm. Knit and natter, Saturday 10am-12noon, coffee morning, 3rd Saturday of the month 10am-12.30pm.

Lunch Clubs

Gleadless Valley Lunch Club (over 60s). Terry Wright Community Hall, 569 Gleadless Rd, S2 2BT. Tuesday 11.30am-1.30pm. Contact Reach's health team on (0114) 239 8946.

Hackenthorpe Lunch Club. 12 Four Wells Drive, S12 4JB. Tuesday 12noon-1.30pm. Call 07816 500547.

Halfway Elderly People's Club. 7 James Walton Court, S20. Wednesday 12.30-3pm. Contact john@dezinger.net.

The Limes. Lime St, S20 1BL. Friday 11am-2pm. Call 07988 325175.

Gardening and Community Allotments

Woodhouse Community Garden Project.
Victoria Rd Allotments. (0114) 269 0222. See full details on p9.

Community Food Growing with Heeley City Farm. Come along and join friendly gardening sessions. Open to all and there's no cost:

- **Norfolk Park Community Food Growing Garden.** Off Guildford Avenue, Norfolk Heritage Park, S2 2PL. Wednesday 10.30am-4pm. Contact Nick nhorne@heeleyfarm.org.uk or Saskia saskia@heeleyfarm.org.uk.
- **St. Swithuns Church Garden.** 2 Cary Rd, Manor, S2 1JP. Garden is accessible and toilets are available. Wednesday 2-4pm. Contact Jo 07775 573437. jo@heeleyfarm.org.uk.
- **Dovercourt Garden.** Dovercourt Surgery, 3 Skye Edge, S2 5SX. Wednesday 11am-1pm. Contact Jo (details above). The garden is accessible and toilets are available.
- **Gleadless Valley Methodist Church Garden.** Blackstock Rd, S14 1FJ. Friday 11am-1pm. Contact Helen (0114) 253 0315. hels_stathers@yahoo.co.uk.

Park Centre Community Garden Project.
The Shed, Coates St (Side of Park Library), S2. Tuesday 9.30am-12.30pm. Contact Diane Cairns (0114) 278 9999. dianecairns@manorandcastle.org.uk.

Manor Lodge Discovery Centre. Heritage centre and farm. Free entry with proof of an S2 postcode. All year round programme of events and café. www.sheffieldmanorlodge.org. (0114) 276 2828.

Herdings Food Growers Project. The Herdings Community and Heritage Centre, Morland Rd, Gleadless, S14 1TD. Sessions are free and open to all. No previous experience of food growing is needed. We even provide refreshments. Thursday 9am-12noon.
Contact Kim (0114) 239 8946. kim.hinchliffe@gvcf.org.uk.

Conservation

Shirebrook Valley. To find out more about the Shirebrook Heritage Group, the Park Ranger programme of events or how to become a volunteer. (0114) 235 6348. nell.dixon@sheffield.gov.uk.

Community Forums

Wybourn Be Heard. Community forum with monthly meetings. Call Dawn 07855 814889.

Manor Assembly. William Temple, Harborough Ave, S2 1QT. Last Wednesday of the month. Contact Dawn 07855 814889. dawndale@manorandcastle.org.uk.

Park Community Action. The voice of Park Hill, Talbot, Granville and Hyde Park community. Meets regularly and runs the Park Centre, Samson St, S2 5QT. Call Jackie Bailey (0114) 273 9611.

Sports facilities

Springs Leisure Centre (SIV). East Bank Rd, S2 2AL. (0114) 239 0880.

Parkletics. Outdoor gym equipment near the entrance to Manor Fields Park, free to use!

Woodhouse West End Bowling Club. Rear of Woodhouse West End Working Men's Club, 149 Sheffield Rd, Woodhouse, S13 7ES.

St Georges Park Sports Centre. Moss Way, S20 8FA. (0114) 248 4829.

Westfield Sports Centre. Eckington Rd, S20 1HQ. (0114) 251 3962.

The LifeCARD offers significant savings on sport and leisure activities at SIV venues (Sheffield International Venues). For information about the LifeCARD and Plus One card (for people with a disability who need a PA to accompany them) visit www.siv.org.uk/lifecard. You can also call any SIV venue.

Citywide activities

Volunteer Centre. The Circle, 33 Rockingham Lane, S1 4FW. Has lots of different volunteering opportunities in Sheffield for people of all ages and abilities. Monday-Wednesday 10am-4pm. (0114) 253 6649. www.sheffieldvolunteercentre.org.uk.

Activities for older people

Sheffield University of the Third Age – fun and interesting activities and courses for retired and semi-retired people. Drop-in 1st Tuesday of the month 10am-12noon (not in August) at the Central United Reformed Church, Norfolk St. enquiry@sheffieldu3a.org.uk www.su3a.org.uk.

Friends of Age UK Sheffield – meet people at social events (fee applies). Age UK Sheffield also have coffee mornings on Friday 11am-12noon at the Crucible Corner Café in the city centre and on Wednesday 11am-12noon at Woodseats Library.

Age UK contact details are on p5.

Activities for Carers

Sheffield Carers Centre has a Carers Café on the 2nd Friday of the month (except in August) from 10am-12noon at the Central United Reformed Church, Norfolk Street in the city centre. Contact details on p5.

Activities for people living with dementia

Find dementia cafés, activities and support groups on p12-13.

Activities for people with disabilities

Within Reach helps people with a disability to take part in sport, recreation and arts www.withinreach.org.uk. (0114) 273 4266.

Sheffield Mencap and Gateway has an Out and About Scheme with activities for people over 18 with a learning disability. Activities include Liberated Ladies, snooker, bowling, football, fitness fanatics, walking and youth groups. Call (0114) 276 7757. www.sheffieldmencap.org.uk/learning-disabilities/out-and-about-scheme.

Activities for people who are lonely or isolated

If you're feeling lonely or isolated contact the organisations below for support.

The Silver Line is a 24 hour, free and confidential helpline for older people. 0800 4708090. www.thesilverline.org.uk.

Contact the Elderly. Join our local group for fun, friendship, tea and cake! (0114) 230 2343. angela.handforth@contact-the-elderly.org.uk.

Ripple 2686 813

Sheffield Churches Council for Community Care (SCCCC) provides a friendly visiting service. Our volunteers can offer regular or occasional friendly visits to your home. We also offer befriending by phone, and have volunteering opportunities. (0114) 250 5292.

Age Better in Sheffield. Aims to reduce isolation and loneliness for the over 50's. We provide a range of exciting projects that have been designed with older people. www.agebettersheff.co.uk. (0114) 2900 294.

b:friend. For the over 65's. (0114) 221 0270. www.letsbfriend.org.uk.

2900 250
Edyta (Well being practitioners

Services that can come to you

Home library service

Offers books, talking books, DVDs, music CDs and jigsaws, all delivered free to your home. (0114) 273 4277. www.sheffield.gov.uk/homelibrary.

Community development

Starting an organisation or group in your community?

Voluntary Action Sheffield's Community Development Team can help, and can support you to recruit volunteers www.vas.org.uk. (0114) 253 6600.

Help with travel

Discount travel

Travel passes for bus, tram and train are available for students, older people and people with disabilities. www.travelsouthyorkshire.com/ticketfinder. (01709) 515151.

Disabled Parking

The Blue Badge Scheme is for people with severe mobility problems and allows them to park close to where they need to go. www.sheffield.gov.uk/bluebadge. (0114) 273 4567, then press 5. Find disabled parking at www.sheffield.gov.uk/parkingguide.

Community Transport

Sheffield Community Transport (SCT) provides 4 main door to door services to help people get around the city, including:

- Shopper Bus.
- Community Car Scheme (volunteers take you places like hospital or to visit friends).

- City Ride (you need to book this service).
- City Ride+ (arranged transport on a regular basis. No need to book each time).

SCT has a Travel Buddy service if you need someone with you to get out and about. (0114) 276 6148. reception@sheffieldct.co.uk. www.sheffieldct.co.uk.

Shopmobility

Shopmobility Sheffield loans wheelchairs for free for a day or for a longer time. (0114) 281 2278 (city centre outlet), (0114) 248 3802 (Crystal Peaks outlet). www.shopmobility-sheffield.weebly.com.

Learning and Work

Local education, training and employment support

MaTreC. 304-308 Prince of Wales Rd, S2 1FF. Runs adult learning courses from entry level maths and English, up to GCSE computer courses, and British Sign Language. Open Tuesday-Friday 9am-4.30pm. To find out how to enrol contact (0114) 264 2194. matrec@matrec.org.uk www.matrec.org.uk.

Manor and Castle Development Trust run Signpost Courses. Providing independent living skills for young people (15-16 yrs) with a learning disability, to develop their skills and independence. Our courses are centred around the young person's needs and are designed to be interactive, fun and informative. We embed numbers and words into what we do to help young people improve their maths and English. Contact (0114) 264 8056. julieward-capes@manorandcastle.org.uk.

Manor and Castle Development Trust - Employment Support. Specialist staff can help you with CVs and job applications, job interview skills, career advice, job searching, training services, work trials and work experience, and finding a job. All services are free and confidential. Call

into 🏠 the Community Space, 52-54 Manor Park Centre, S2 1WE or call 📱 (0114) 265 5145.

Steps to Excellence. Aims to help people be more successful and fulfilled. Participants are not taught what to think but how to think, and get a tool kit to realise their potential. Find out more 📱 (0114) 278 9999. ✉ info@manorandcastle.org.uk.

Heeley City Farm and our partner projects offer volunteering and training opportunities in local food growing, café and garden centre work, animal care, social care, community history and heritage, office and receptionist work and much more. Contact Aly Lalloo 📱 (0114) 250 5111. ✉ special@heeleyfarm.org.uk.

Woodhouse and District Community Forum – Community Learning. Contact our Learning Champions on 📱 (0114) 269 0222 about the following courses:

- Frecheville Library. 🏠 Smalldale Rd, S12 4YD. ICT class, Wednesday 1-3pm.
- Badger TARA. 🏠 2 Goathland Place, Woodhouse, S13 7TE. ICT class, Tuesday 1-3pm. Maths class, Wednesday 10am-12noon. English class, Wednesday 12.30-2.30pm.
- Woodhouse Library. 🏠 3 Skelton Lane, S13 7LY. ICT class, Tuesday 9.30-11.30am, Wednesday 10am-12noon.
- Com.Unity. 🏠 Westfield, S20 8ND. ICT class, Monday 10am-12noon.
- Thorpe Green Meeting Room. 🏠 8 Waterthorpe, S20 7HH. English class, Tuesday 10am-12noon. Maths class, Tuesday 12.30-2.30pm.

Adult Education Courses. If you're interested in adult education courses, contact Paul or Dawn 📱 (0114) 278 9999.

Reach South Sheffield – Community Learning runs courses in the Gleadless Valley area including: cooking, catering, reading, IT, English and maths, English as a Second Language and managing stress through yoga. Contact Wesley Peters 📱 (0114) 239 4466. ✉ wesley.peters@gvcf.org.uk.

Reach South Sheffield – Employment Support. If you live in the Gleadless Valley area we can help with:

- job searching.
- completing job applications.
- producing an up-to-date CV.
- preparing for interviews.
- improving your confidence after being unemployed for a while.

Book an appointment with one of our Employment Support Workers at one of these locations: Reach Employment & Learning Centre (Blackstock Rd), Jordanthorpe Library, Newfield Green Library or Greenhill Library. Call (0114) 239 4888 or email our Employment and Skills Manager, Meyoma Usen, skills.manager@gvcf.org.uk.

Computer class. Gleadless Valley TARA, 7 Plowright Close, S14 1LQ. Tuesday 1-3pm.

Employment Plus drop-in service. Salvation Army, Tannery St, Woodhouse S13 7JW. (0114) 269 3395.

Woodhouse Library, Tannery Street, S13 7JU. Runs courses including employability skills and confidence building. (0114) 269 2607.

Citywide training and careers providers

Sheffield Digital Inclusion Project. Heeley Trust provides a range of free digital drop-ins across the city in libraries and community venues. We help people get to grips with digital technology, helping them to keep in touch, save money, look for work, do online transactions including Universal Credit, stay safe or manage their health. To find out more and to book a place contact (0114) 339 1070. learningchampion@heeleydevtrust.com.

Sheffield College. www.sheffcol.ac.uk/courses/adult-learners. (0114) 260 2600.

The WEA run adult education courses. www.wea.org.uk/yorkshire-and-humber. (0114) 242 3609.

Learn Direct Dearing House, 1 Young St, S1 4UP. Provides online skills, training and employment services. 0800 101901. https://www.learndirect.com.

See details of the **U3A** on p22.

Sheffield Association for the Voluntary Teaching of English (SAVTE) can help you learn English. Call (0114) 253 6644. www.savte.org.uk.

Lifelong Learning and Skills Service www.lifelonglearningandskills.org/all-lifelong-learning-courses. (0114) 266 7503.

Sheffield Futures provide expert careers advice for anyone 16+. www.sheffieldfutures.org.uk. (0114) 201 2800.

Money Matters

Local services

Debt advice

MCDT Advocacy Support (see p8).

Local **Citizen's Advice** (see p3).

Energy projects

South Yorkshire Energy Centre at Heeley City Farm Offers free energy advice to people in Sheffield to help them save money on their gas and electricity bills and keep warm and well at home. Drop-in advice session on Thursdays. Advice is impartial and offers one-to-one support. We deal directly with suppliers to arrange switching and make sure that you are receiving any discounts or services you're entitled to. Contact Sharon Smith (0114) 303 9981. ✉ sharon.syec@heeleyfarm.org.uk.

Food banks and clothing stores

S2 Foodbank. Main office, Saint Swithuns, Cary Rd, S2 1JP. Referral needed – Citizens Advice, MCDT, local church. Open Monday, Wednesday and Friday 2-4pm. 07804 406 267.

Salvation Army. Duke St, S2 5QP. Open Tuesday-Thursday 10am-12noon. (0114) 273 1778. ✉ sheffield.castle@salvationarmy.org.uk.

S20 Foodbank & Information Centre. 32 Shortbrook Close. Referrals to the foodbank must be from a trusted professional such as a social worker, MAST team, church minister or school, using a referral form. There's a citizen's advice bureau in the foodbank.
07732 823028.
✉ s20foodbank@gmail.com.

York House. Entrance to Manor Fields Park, 535 City Rd, S2 1GW.
Second Hand Clothing Store for people in desperate need of clothing, Monday and Wednesday. You're welcome to stay for a coffee and a chat.
✉ Charlotte hutton@manorandcastle.org.uk.

Citywide support

The Money Advice Service provides free, impartial and independent financial information. They can help with issues such as: budgeting, paying and planning for the cost of care, using an independent Financial Adviser.
www.moneyadviceservice.org.uk. 0800 138 7777.

Age UK Sheffield offers support with money matters for older people (see p5).

Loans, savings and current accounts

Sheffield Credit Union. 16 Commercial St, S1 2AT. Offers loans, savings and budgeting accounts. (0114) 276 0787. www.sheffieldcreditunion.com.

Furniture and household items

Emmaus Sheffield. Cadman St, S4 7ZG. Sells recycled household furniture including electrical goods. They have low cost items and basic kitchen equipment. (0114) 272 0677. www.emmaus-sheffield.org.uk.

Clothing

Victoria Hall Methodist Church, Norfolk St, S1 2JB. Has a friendly drop-in and free clothing store Wednesday 2-4pm, if you're in desperate need of clothing. (0114) 272 1749.

Housing

Local housing advice and support

Sheffield City Council Housing+ service

Sheffield City Council's Housing+ service is here to support our tenants, signposting to appropriate support where necessary to make sure people can enjoy and sustain their tenancy. Call (0114) 293 0000 or call in.

Local offices

- **First Point at Manor Library.** Ridgeway Rd, S12 2SS. (0114) 293 0000.
- **First Point at Crystal Peaks.** 1-3 Peaks Square, S20 7PH. (0114) 293 0000.

Tenants and Residents Associations (TARAs). To find your local TARA and get involved, please contact getinvolved@sheffield.gov.uk or call 273 5566.

Citywide housing advice and support

Shelter. 6th Floor, Furnival House, Furnival Gate, S1 4QP. Provides help with housing issues. Call 0344 515 1515.

Visit the **Sheffield Property Shop,** Howden House, 1 Union Street, S1 2SH, to find and bid for Council and registered Housing Association properties, and to find out about swapping houses and downsizing your property. www.sheffieldpropertyshop.org.uk. (0114) 293 0000.

MESH – Mediation Sheffield provides a mediation service if you're having a neighbour dispute, that's making you feel ill or stressed. Call (0114) 241 2771.

Housing support

You can get housing support to help you maintain your independence at home if you're a tenant or a home owner. If you're aged 55 or over you can contact the **LiveWell at Home** housing support service run by South Yorkshire Housing Association. (0114) 290 8359. www.livewellathome.org.uk.

For other housing support projects visit www.sheffielddirectory.org.uk/housingsupport, or if you're a council tenant, you can talk to your local Housing+ officer on (0114) 293 0000.

Support for Carers

Local Carers services

Let's Talk About It. Salvation Army, Tannery St, Woodhouse, S13 7JW. Carer's support group.1st Wednesday of the month. (0114) 269 3395.

Citywide services

Sheffield Carers Centre works with adults who provide unpaid practical and/or emotional support to an adult or child with an illness, disability, frailty, mental health problem or addiction issue. The centre provides:

- confidential Carers Advice Line, week days 9am-6pm.
- free Carer Card giving discounts and offers across Sheffield.
- Carers Needs Assessment to access a full range of support.
- regular newsletter and monthly e-bulletin.
- Carers Café and events.
- help for carers dealing with the end of caring and to connect with social activities.
- training for carers.
- support to plan for emergencies.
- specialist benefits advice.
- support for older carers of people with a learning disability.
- counselling service.
- advice and advocacy to juggle paid employment and caring.
- support to have a break.
- free spa sessions.

(0114) 272 8362. support@sheffieldcarers.org.uk.
www.sheffieldcarers.org.uk.

Help in your home

Most of us want to live independently in our own home for as long as possible, but from time to time we may need some support.

Equipment and adaptations to help with daily living

There are lots of different types of equipment that can help you at home. Get advice from your GP, community nurse or occupational therapist. They may arrange a loan of equipment, depending on your needs. You can also buy small aids like tap turners, support cushions, wide handled cutlery, waterproof sheets. You may want to contact the British Red Cross Store, Jordanthorpe Medical Centre, 1 Dyche Lane, S8 8DJ. 07885 804976. You can also shop online www.giftshop.redcross.org.uk.

There are other specialist equipment stores throughout the city and online. Find out more at www.sheffielddirectory.org.uk/helpathome.

Care Alarms

Emergency care alarms can offer round the clock support to people who need them. They can also provide extra peace of mind for carers who know their loved ones can get help when they can't be there www.sheffield.gov.uk/carealarms. (0114) 242 0351. citywidecarealarms@sheffield.gov.uk.

Help with home maintenance and fitting equipment in your home

The Stayput Handyperson service can help you with little jobs to make your home safer. They can do the small jobs, like fit hand rails on stairs or grab rails, for about half the usual cost. They can also do odd jobs like fitting door bells and changing light bulbs. Call (0114) 256 4270. sheffieldstayput@yorkshirehousing.co.uk.

Meals

You may need support to prepare or cook your food. Frozen meals can be delivered to your home once a fortnight to store in your freezer:

- **Oakhouse Foods.** www.oakhousefoods.co.uk. 0333 370 6700.
- **Wiltshire Farm Foods.** www.wiltshirefarmfoods.com. 0800 077 3100.

Hot meals can also be delivered to your door every day:

- **Park Care Meals.** www.parkcaremeals.co.uk. (01709) 378 100.

Home support services

Here's a list of Home Support services that work in the South East of the city. They can help you with things like cleaning, shopping, laundry and personal care. For a full list see www.sheffielddirectory.org.uk/homesupport.

Access Support Services (SADACCA) 0114 275 3479
Active Friendly Support 0114 348 5547
Adswad Ltd. 0114 246 7607
Alzheimer's Society 0114 276 8414
Arbourthorne Healthcare Ltd 0114 478 4965
Aspire PC Ltd. 0114 245 6320
At Home with Age UK Sheffield 0114 250 2850
Awesome Healthcare Solutions Ltd 0170 983 7191
Baldev 0114 327 0830
Beighton Healthcare Ltd 07980 722 141
Bluebird Care 0114 265 6670
Care2Care 0114 349 4384
Caring Personal Assistants 0114 290 3612
Chrismark Care 0798 290 6618
Citizenship First 0114 279 8001
Comfort Call Ltd. 0114 273 7305
Communication Independence 0758 268 3406
Custom Home Care Ltd 0114 275 9703
Delight Care Services Ltd 0793 923 9075
Dimension UK Ltd 0300 303 9003
Direct Health 0114 256 6480
Eternity Healthcare Ltd 0114 349 1147
Excell Home Care Ltd 0114 247 1428
Fuscoe Browne Healthcare Ltd. 0114 275 7272
GMS Carers 0114 253 1309
Hallam Homecare Services Ltd 0114 327 6405
Helping Hands Sheffield 0114 205 5267
HFT Sheffield & Derbyshire 0114 250 0718
Holistic Social Care 0114 327 0320
Home Instead North Sheffield 0114 246 9666
Home Instead South Sheffield 0114 250 7709
JS Parker 0114 250 7711
Jubilee Angels 0300 124 5522
Juventa 4 Care Ltd. 0114 324 1260
Kingfield Supported Living 0114 258 7557
Lotus Homecare Sheffield 0114 303 6000
Lynx Care 0114 243 1624
Manu Integrity Services Ltd. 0114 265 0342
Niche Care 0114 349 2335
Optimum Healthcare 0114 386 3340
Pacific Care Services Ltd 0114 438 9292
PIC 24 ..... 0114 279 5313
Pillar Nursing Placements Ltd 0114 299 5090
Principle Support Ltd. 0114 213 1750
Progressive Care 0114 280 0270
Proud to Care 0785 496 5088
PT Care UK Ltd 0114 553 9780
Royal Care Health 0114 438 8507
Samfos Health 0114 245 5450
Sarah Care Ltd 0114 248 5658
Seven Steps Support Ltd. 0780 283 3568
Spectrum Social Care Ltd. 0114 249 9988
Tes Homecare Ltd 0114 261 0097
Thames Homecare Services Ltd. 0114 321 6488
The Caring Choice Ltd. 0114 245 5335
The Good Days Project 0114 232 5182
TLC Homecare 0114 407 0036
Anointed 2 Care Ltd 0114 292 2164
Unique Options 0114 292 2164
Visiting Angels Care 0114 433 3000

Get advice about the quality of services

Find reviews of home care services on the Care Quality Commission (CQC) website
🌐 www.cqc.org.uk and find services on the Council's Recognised Provider List
🌐 www.sheffielddirectory.org.uk/rpl.

Keeping safe

If someone's in immediate danger call 999, otherwise:

Adult abuse – Call the Council's First Contact Team on (0114) 273 4908.

Child abuse – Call the Sheffield Safeguarding Hub on (0114) 273 4855 (24 hours).

Domestic abuse

Call the free Sheffield Domestic Abuse Helpline 0808 808 2241 Mon-Fri 8am-8pm) or email help@sheffielddact.org.uk (interpretation and translation available).

Hate incidents and crimes

Call 101. Report online at report-it.org.uk.
Find out more at www.sheffield.gov.uk.

Sheffield Safe Places

Managed by Heeley City Farm. The project works with companies and organisations to support people with a learning disability, dementia or mental health illnesses who may be lost, ill or frightened and to provide them with a temporary refuge if they need it. For a list of Safe Places call (0114) 250 5111 or visit www.sheffieldsafeplaces.org.uk.

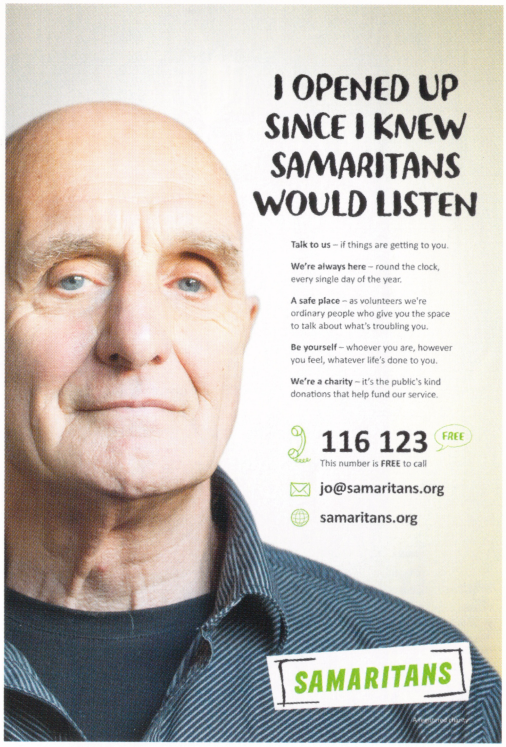
Getting care and support

Sheffield City Council may be able to provide support to help you stay independent, safe and well. We'll talk to you and, if you have eligible care and support needs, we'll talk to you about your finances. We'll use the information about your finances and national rules based on the Care Act 2014 to work out what you can afford to pay and what, if anything, we'll contribute towards the cost of your care and support.
adultaccess@sheffield.gcsx.gov.uk. (0114) 273 4908.
You can also speak to the staff in First Point reception at Howden House in the city centre (Monday-Friday 8.30am-5.30pm).

Tell us what you think

We hope you've found this guide useful! Please give us your feedback and ideas on how to make it better. Call (0114) 273 4119 or email information@sheffield.gov.uk.

This guide can be supplied in other languages and alternative formats.
Please call (0114) 273 4119 or email information@sheffield.gov.uk.



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Located in the heart of Fulwood, we offer Supported housing in a safe environment for older people who no longer want the responsibility and worry of maintaining their own home.

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For more information please contact us using the contact details below.

www.abbeyfield.com/AbbeyfieldHouseSheffield
Abbeyfield House, 73 Brookhouse Hill, Sheffield, South Yorkshire, S10 3TB
T 0114 2301786 E abbeyfield-christchurch@abbeyfield.com
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Allotments available!

We have allotments immediately available in parts of the city. Grow your own fresh fruit and vegetables, whilst keeping fit and making new friends. It costs around £3 a week (less for smaller plots); some people are eligible for a discount

Call 0114 2734528
or visit www.sheffield.gov.uk/allotments for more information

Sheffield City Council

DP20313

Select Support

Select Support Sheffield offer personally tailored packages, to meet individual needs.

For all enquiries please contact:
Select Support:

07549 280475

enquiries@select-support-sheffield.co.uk

SELECT SUPPORT SHEFFIELD

THE LIFESTYLE CENTRE, ROOM 10,
HIGH STREET, BEIGHTON, S201HE

TEL: 07549 280475

WWW.SELECT-SUPPORT-SHEFFIELD.CO.UK

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Saturday 10:00am – 4:00pm
Sunday 10:00am – 2:00pm

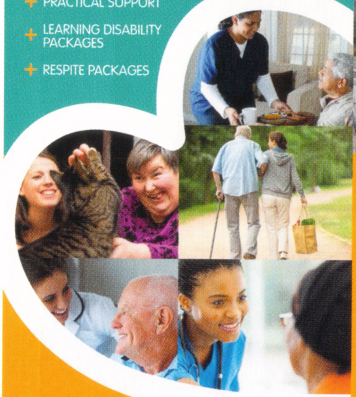
- Home Help
- Medication Support
- Personal Care
- Punctual and Efficient carer
- Support with communication
- Personal Attention
- Help with shopping and going out

Tel: 075 5175 7854

Pitsmore Methodist church building
131 Burngreave Road, Sheffield, South Yorkshire S3 9DG

Providing care and support
When you need it

- PRACTICAL SUPPORT
- LEARNING DISABILITY PACKAGES
- RESPITE PACKAGES



Practical Support
8-6 Packages

Service package includes:

- Shopping/with or without the client
- Support with shopping lists
- Cooking/supporting clients with meal preparation
- Household cleaning
- Reading
- Organising Bills
- Schedule/appointment support
- Befriending
- Support with outings

Support for people with Learning Disabilities

We provide support to anyone with a Learning disability, physical disability or an acquired brain injury. We tailor our packages to support each individual and their families.

Service package includes:

- Day to day tasks
- 24 hours support
- Day trips
- Shopping excursions
- Meeting friends and family
- Accompanying and participating in interests, hobbies or sports
- Cooking
- Cleaning

Contact us on:
Tel: 0114 2922164
Mob: 07500 150622
admin@uniqueoptions.co.uk
www.uniqueoptions.co.uk

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From the services we provide, to our staff and to the experience of our customers, we stand for quality. We want the very best for you and your loves ones.
That is why we look at every single detail of our care and what is most relevant. From small tasks like helping with cleaning or cooking, to the more skilled approach to dealing with dementia, our staff are on hand.

For new clients or job opportunities contact us on: 0114 478 9707
Office 205, 14 Knutton Road, Sheffield, South Yorkshire S5 9NU
Email: **info@delightcareservices.co.uk** Web: **www.delightcareservices.co.uk**

What does quality care look like?

Visiting Angels was created to address a very specific problem in the care sector. The experience of our founder was that the visits for his family were often at times other than those agreed. They were sometimes early and more frequently they were up to 2 hours late or worse still missed. There were also lots of changes to the care team which meant that in the space of 8 weeks there were 12 different carers.

Dan Archer explains: "My nan used to say she only knew she was getting care when the blue tabard showed up. She didn't know the carers names and there was little consistency or continuity of care. I could see that the problems came from high staff turnover. When I started Visiting Angels I wanted us to be different. We are carer-centric. I take the view that by looking after our wonderful caregivers, we will keep them in the business and provide more consistency."

Visiting Angels is a proudly carer-centric provider. By investing in its staff and by treating caregivers better with fairer pay and proper benefits they believe that these problems will be stopped. Dan continues: "Our staff turnover is much lower than the industry average and for our clients this means that the visits that you want, happen when you want and that when you choose a caregiver they will be with you for as long as you need them."

The unique thing about our Angels is that you get to choose the person who visits you. They get to know you and match an Angel to your interests, hobbies and character but you will meet them before you decide whether you would like them to help you. Dan concludes: "I feel that it is a privilege not a right to be invited into someone's home because of this our clients have the final say on who does their visits. Select the carergivers who match them well but we ask the client and their family to choose their caregiver."

Visiting Angels is based in Sheffield and covers Sheffield, Barnsley and Rotherham. For more information call 0114 433 3000.

Exceptional home care visits from exceptional carers

Most people in need of care would prefer to stay in their own home. Our home care visiting service is carefully tailored to suit your loved one's needs, can help them retain their independence and stay connected to friends, relatives and pets.

Our caregivers are carefully selected. We find excellent people with the right mix of skills, experience and a true caring nature, so that they can provide consistently superior home care.

- Companion & Social Care
- Personal Care
- Dementia & Alzheimer's Care
- Post-Hospital Stay Care
- Palliative
- End of Life Care

Find out more about how a Visiting Angel can help

Call: 0114 433 3000

www.visiting-angels.co.uk | sheffield@visiting-angels.co.uk

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ADSWAD LTD

SUPPORT SERVICES

A direct service with a difference

Asda is our local

Adswad a limited by guarantee, organisation and is registered with CQC to provide support for all vulnerable adults to live their lives as they choose within their own homes.

We have a staff team that will deliver services in accordance with Person Centre Plans, Support Practise Guidelines, Support Strategies and Risk Assessments.

The aims of the company, is to enable individuals (with support) to take more control over their lives, develop more skills and increase their independence.

Stephen and Robert provide our service

they help me bake

relationships

The company prides its self on working to the outcomes of the Care Quality Commission Essential Standards when delivering services that promotes dignity / empowers human rights and aids independence to improve or to sustain a quality of life.

Adswad will work with social services, families and guardians and service users with their own budgets in their best interest, to deliver person centred support services to meet the individual's needs. We will support the service user to integrate within their own communities so equality is reached and staff would promote independent living skills. These skills depend on individual service users and could range from support within their own homes with personal care, home economic, paying bills, medication and anything that is identified within their assessment needs. We offer a meet and greet to assess what the client wants, some services are to give client opportunities to access leisure or social activities and a befriending service.

The staff team have enhanced CRB's and are qualified workers with qualifications ranging from NVQ 2 to NVQ3 NVQ4 (RMA). Staff will have the on-going basic mandatory qualification and these will be up-dated as and when necessary.

Support cost will be £15 per hour week days/£15:50 at weekends and £60 per sleep-in. These prices are supplied by Adswad Ltd so please check them yourself for accuracy.

This service is registered and inspected by Care Quality Commission (CQC) to ensure a quality service is delivered and was last inspection was on 20/21/22 August 2018, the out come is listed on CQC web site.

The company registration number is 08008042

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